

AMENDS WORKSHEET

Use this worksheet in whatever way it helps you to think through situations where you have hurt others or others have hurt you, and amends need to be made.

Person	Relationship	My wrongdoing	Effects on others	Effects on me	Will direct amends be possible?	How might direct amends be hurtful?	What serious neg. consequences might result from direct amends?	What help do I need in making amends?	How I have made amends:
example: Judy	wife	angry insults	fear, anger	guilt, shame	yes	?	none	anger management counseling	
1									
2									
3									
4									
5									
6									
7									
8									

"This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another." 1 John 4:9-11